

**Touching Enlightenment: Finding Realization In The
Body By Reginald A. Ray**

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In the part two of his series, Reginald Ray talks about how the body is not just the pathway to realization but the embodiment of enlightenment itself.

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Touching Enlightenment : Finding Realization in the Body. Reggie is the author of several books including Touching Enlightenment and The Awakening Body.

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